



CONNECTICUT HEALTH EDUCATION EXCHANGE

Volume V A newsletter about health education issues, especially HIV/STD and teen pregnancy prevention Fall 2001

The Connecticut Health Education Exchange



Welcome to the fifth edition of the Connecticut Health Education Exchange. This semiannual newsletter is intended to inform educators and other youth servicing professionals of local, state, and national efforts related to coordinated school health education programs, especially HIV/STD (sexually transmitted diseases) and pregnancy prevention.

This newsletter is produced by the State Department of Education in collaboration with the Department of Public Health and made possible through funding from cooperative agreement number U87/CCU108966-09 from the Centers for Disease Control, Division of Adolescent and School Health.

This newsletter is reviewed and approved by the SDE and DPH Materials Review Committee.



"Of all the things you wear,
your expression is the most important."
Janet Lane

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Connecticut Awarded Technical Assistance Grant

The Connecticut State Department of Education (CSDE) was chosen to participate in the American Psychological Association (APA) pilot project to strengthen the capacity of schools to improve health outcomes for gay, lesbian, bisexual, transgender, and questioning youth (GLBTQ).

The project centers around the Coordinated School Health Programs (CSHP) model and includes developing and conducting professional development for school health professionals, specifically guidance counselors, nurses, school social workers, and psychologists. The focus of the training will be on wellness and meeting the health, mental health, and counseling needs of GLBTQ youth within school-based settings.

The CSDE, Department of Public Health (DPH), and APA will work collaboratively in designing the training that will begin in the fall of 2002. More information about this project will be available this spring.



Cromwell High School Peer Advocacy Program



The Cromwell High School Peer Advocacy program is designed to teach students communication, decision-making, conflict resolution and referral skills. The program, in its tenth year,

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Feature Teacher ~ VIC NEUMANN



The Connecticut Health Education Exchange would like to recognize and congratulate Vic Neumann, health education coordinator of the Hartford Public School System, as our fourth Feature Teacher. In his thirty-two years of education experience, Vic has helped create a Peer Mediation Program in Bulkeley High School, has designed CD-ROM programs for Hartford's Middle and High Schools Health Education curriculum, and is presently coordinating the implementation of SOS High School Suicide Prevention Program in all four Hartford high schools.

Vic describes the best thing about teaching health education is "the absolute relevance the subject matter has to my students' lives. My kids tell me that they love it when they come to health class because everything we cover in class they can personally relate to." Leah Fichtner, Director of Health Education, describes Vic as someone who is "never satisfied with the status quo" and "a real teacher's teacher," a man with "enthusiasm, ethics, a love of the topic, and a love of the kids."

Vic describes the most challenging part of teaching as "the level of personal involvement I have in each kid's life. Health teachers have an incredible responsibility to their students. We must always be approachable, trustworthy, brutally honest, completely current, insightful, creative, empathetic, humorous, and great listeners. I sometimes fail in one or more of these attributes and that's when I remember what I teach my kids about facing adversity and remaining resilient: look for the positive in every negative, always learn from your mistakes, and know when to seek help."

The Connecticut Health Education Exchange would like to thank Vic for his dedication in promoting health and wellness to the students in Hartford. Vic will receive a Coordinated School Health Program T-shirt. Previous "Feature Teachers" include: Lori Hart from Milford, Darlene Platt from Norwich Technical School, and Ann Marie Colebrook from Newington.

Do you know an outstanding teacher in the field of health education? If you would like to nominate a fellow professional to be highlighted in our next issue, please fill out the enclosed form and send it to the contributing editor by December 31, 2001, for our spring issue. The nominee must be an active classroom teacher. Let's take time to honor and recognize the high quality educators with whom we work each day!



The Coordinated Health Education Cadre of Trainers

Dynamic Professional Development Opportunity

Planning for professional development workshops? We can provide innovative skills-based professional development in the areas of HIV/STD prevention at no cost with CEUs. The State Department of Education and the Department of Public Health, in collaboration with local school districts and community-based organizations have developed a Coordinated Health Education Cadre of Trainers (CHEC).

The purpose of CHEC is to provide quality, interactive, skills-based professional development workshops that promote health-enhancing behaviors in youth. The current focus is in HIV/STD prevention.

If you would like more information, or wish to schedule a workshop, please contact Bonnie Edmondson at 860-713-6578.

Web Sites & Resources

- A copy of the Surgeon General's Report on Sexual Health is available at www.surgeongeneral.gov/library/sexualhealth
- The Centers for Disease Control and Prevention's Division of Adolescent and School Health (CDC/DASH) conducted the School Health Policies and Programs Survey (SHPPA 2000) designed to assess policies and programs at state, district, school, and classroom levels. A copy of this report, including Connecticut data, is available at www.cdc.gov/shpps
- National CDC Division of Adolescent and School Health Conference. February 2002. Washington, D.C., www.cdc.gov/needphp/dash





UNAIDS World AIDS Campaign 2001

[excerpted from: National Minority AIDS Council listserv]

UNAIDS, the United Nations Program on HIV/AIDS, is launching the second year of its two-year campaign focusing on the role of men in the AIDS epidemic for its 2001 World AIDS Day Campaign. The slogan for this year is **"I care . . . do you?"** and is intended to encapsulate discussions about the role of leaders and the needs of young men, while being broad enough to encompass other issues relevant to prevention and care, to both genders and to different age groups.

The new campaign aims to involve men, particularly young men, more fully in the effort against AIDS; to bring about a much-needed focus on men in national response to the epidemic and to involve leaders both as politicians and in their personal lives in the response to the HIV epidemic.

This year's World AIDS Campaign will chip away at masculine behaviors and attitudes that contribute to the spread of HIV, according to Dr. Peter Piot, UNAIDS Executive Director. "Part of the effort to curb the AIDS epidemic must include challenging negative beliefs and behaviors, including the way men view risk and how boys are socialized to become men," said Dr. Piot. "Men are expected to be strong, robust and virile—but these very expectations may translate into behaviors that can endanger both men and their partners."

For more information about World AIDS Day, visit <http://www.unaids.org/wac/2001/index.html>.



PEER ADVOCACY continued from page 1

consists of a wide variety of students from diverse backgrounds whose aim is to help and assist others. Program advisors are James Horton and teacher Elizabeth Weaver. The Peer Advocates program is very popular and the selection process is competitive. Interested students complete an application with an attached letter of reference and attend an interview conducted by the advisors and four to five senior peer advocates. Based upon this information, the selection committee chooses peer advocates for the vacant positions for the upcoming year. Last spring, fifty-four students applied for the available twelve slots. The total number of peer advocates this year is thirty students.

Peer advocates attend two after school meetings per month. They also attend an intensive two-day training in the fall at the Hemlocks Conference Center and a two-day training in the spring at the Channel 3 Kids Camp. The Peer Advocacy Advisory Council (PAAC) consists of the two advisors and four or five senior peer advocates. The student members of the PAAC plan and lead meetings, trainings and programs sponsored by peer Advocacy. The following are activities that the peer advocates plan and present each year: "Helping Hands", Peer Listener/Helper, National Day of Concern, Unity Club, Eighth Grade Orientation, and New Student Orientation. To obtain more information about this program, call Jim Horton at 860-632-4841.

The Connecticut Health Education Exchange would like to recognize and commend the Cromwell High School Peer Advocates Program for promoting wellness and for making a difference in their school and community.

If you would like to nominate an outstanding/innovative student health and wellness program to be featured in our next issue, please complete the attached form and fax to the contributing editor at 203-431-2891.

Future Workshops

Health Education Roundtables

Network with health education professionals. Come and share innovative ideas with other teachers, nurses and other interested professionals in kindergarten to high school. If you work in health education you won't want to miss out. Share some of your tried and true classroom ideas, class activities, resources, Internet sites and special strategies of reaching students.

Dates: • **January 15, 2002** at ACES, Hamden

• **March 14, 2002**

at EDUCATION CONNECTION, Litchfield

Time: 4:00 PM-6:00 PM



Coordinated School Health Programs Workshop

Come and join us for the first statewide intensive two-day workshop on CSHP sponsored by the State Departments of Public Health, Education, and Children and Families. Hear nationally renowned speakers address the benefits of CSHP and nutrition programs. This is not just another "program" or "add on." This is a way of thinking that will address the health and wellness needs of your students. More information will be forthcoming. Look for a brochure in January.

Dates: **April 4 & 5, 2002**



Registration information and a copy of our complete Coordinated Health Education Institute brochure is available at www.eastconn.org/workshops.htm, or call 860-713-6578.



Bright Ideas for Classroom Activities

Challenging Attitudes toward HIV/AIDS

Audience: High school students, grades 11-12

Goal: To enable and encourage students to critically analyze and discuss ethical issues facing society today.

Directions: Divide students into groups of five or six. Give each group a case study, and instruct each group that the goal is not for everyone to agree with how the case is resolved, but to question and challenge each other as they discuss the possible decisions. Give each group 15 minutes to discuss the case study, then 10 minutes to present the decisions they reached. It may be helpful to assign roles of chairperson, recorder, and reporter. The role of the chairperson would be to solicit opinions from each person and be sure no one person monopolized the discussion.

Case studies:

1. A pediatrician lost his practice after his HIV status was revealed in a local newspaper. Should patients have the right to know the HIV status of their health care providers? Should HIV-infected health care providers be allowed to practice? Have more people become infected from patient to health care worker or from health care worker to patient?
2. A group of health care providers at a medical facility indicate they want the option of not treating HIV disease. Should health care providers be required to treat people with HIV? What responsibility should health care providers have to educate themselves about HIV?
3. People with sexually transmitted diseases (STD's) have been sued for infecting sex partners with a disease. Should people with HIV disease have sex without notifying their partner? Does it make a difference depending on the STD? What responsibility do partners have in asking about the sexual history of a partner? What if the partner does not know that he or she is infected? Should laws require a person to disclose their HIV status to a sexual partner?

4. There is a confirmed case of a student with HIV disease who is living in one of the residence halls on campus. Upon learning this information, the student's roommate requests a room change, which was denied. The student appeals the denial and reveals that the roommate has HIV disease and states the he/she does not feel comfortable living with this roommate. Should a student's request to change rooms be honored in this situation? If authorities know of a student with HIV disease living in a dorm, should the roommate be notified? What rights should the student with HIV have regarding disclosing his/her status?

5. You have a close friend who has HIV. Your friend does not practice safer sex. You know that he/she typically has a couple of sexual partners per year. This concerns you. How would you resolve this situation? How would your response differ if he/she was practicing safer sex each time? Should partners with HIV disease have sex without notifying their partners?

Source: Teaching About Sexuality and HIV, by Evonne Hedgepeth and Joan Helmich.

Modification: Use newspaper articles or other media resources to create your own case studies.

If you have a "Bright Idea" to share, please send it to the contributing editor. If your "Bright Idea" is chosen for the newsletter, you will be sent a Coordinated School Health T-shirt.

Connecticut Health Education Exchange

Bonnie J. Edmondson, HIV Prevention Coordinator, Health Education Consultant

Connecticut State Department of Education, Division of School Improvement, Bureau of School, Family, Community Partnerships
P.O. Box 2219, Hartford, CT 06145
Phone: 860-713-6578; FAX: 860-713-7024
E-mail: bonnie.edmondson@po.state.ct.us

To Receive the Newsletter: To put yourself or anyone else on the mailing list, please send your name, title, address, e-mail and any questions or comments to: Maggie Meriwether, Contributing Editor
Ridgefield High School, 700 North Salem Rd., Ridgefield, CT 06877
Phone: 203-438-3785 FAX: 203-431-2891
Voice Mail: 203-431-2896, ext. 1980
E-mail: Mag8@msn.com

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The Connecticut Health Education Exchange Nomination Form

"Feature Program"

Great things are happening across the state in health / wellness education! Let's hear from you. Do you know of an exemplary health/wellness education program/project that you would like to nominate as the "feature program" in the next edition of the Connecticut Health Education Exchange newsletter? If so, please fill out this form and return by December 31, 2001 to be considered for the spring edition.

Your name: _____

Your phone: _____

Nominee's name (if other than yourself): _____

School: _____

Address: _____

Phone: _____

Email: _____

Describe in a short paragraph why this program/project is exemplary and should be considered as a "feature program."

All nominations will be considered for future editions of the Connecticut Health Education Exchange.

Submit nomination form to:

Maggie Meriwether, Contributing Editor

Ridgefield High School

700 North Salem Road

Ridgefield, CT 06877

Phone: 203-431-2891, FAX: 203-438-3785, Email: Mag8@msn.com

The Connecticut Health Education Exchange Nomination Form

"Feature Teacher"

Great things are happening across the state in health / wellness education! Let's hear from you. Do you know an outstanding health educator that you would like to nominate as the "feature teacher" in the next edition of the Connecticut Health Education Exchange newsletter? If so, please fill out this form and return by December 31, 2001 to be considered for the spring edition. All nominees must be active classroom teachers.

Your name: _____

Your phone: _____

Nominee's name (if other than yourself): _____

School: _____

Address: _____

Phone: _____

Email: _____

Describe in a short paragraph why this program/project is exemplary and should be considered as a "feature program."

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